



Government of Pakistan
Pakistan Meteorological Department
Pakistan Monthly Climate Summary
January 2026

In brief

- The national mean temperature of 11.08 °C was **cooler** than the country-average of 11.35°C with an anomaly of **-0.27 °C**.
- The country-level nighttime (minimum) temperature of 4.28°C was **slightly warmer** by **+0.14°C** than the countrywide average of 4.14 °C.
- The daytime (maximum) temperature of 17.82 °C at country-level **cooler** with a negative anomaly of **-0.67 °C**.
- The **hottest** day of the month was observed at Mithi (Sindh) on 16th when it recorded a maximum temperature of **30.5 °C** and coincidentally, the same station proved to be the **warmest** place with a mean monthly maximum temperature of **26.8°C**.
- The **coldest** night temperature of **-13.6 °C** of the month was recorded at Skardu (Gilgit-Baltistan) on 11th January. However, the same station and also Gupis (GB) happened to be the **coldest** place with mean monthly minimum temperature of **-6.3 °C**.
- The national area-weighted rainfall of 23.3 mm was **Slightly above average** with a positive departure of **+19%** in January-2026.
- The heaviest one-day rainfall of **110.0 mm** occurred at Parachinar (Khyber Pakhtunkhwa) on 23rd January, Whereas Malam Jabba (Khyber Pakhtunkhwa) has been the wettest place with monthly total of **230.0 mm**.
- Niño indices are indicating weak La Niña conditions with sea surface temperatures (SST) anomaly around **-0.86 °C** over the central equatorial Pacific Ocean.
- The Indian Ocean Dipole (IOD) is in negative phase. However, models suggest that the IOD is likely to turn into neutral phase.

Table-1: National Weather Extremes during January 2026

Hottest day	30.5 °C	at Mithi (Sindh) on 16 th
Coldest day	-4.0 °C	at Kalat (Balochistan) on 22 nd
Coldest night	-13.6 °C	at Skardu (Gilgit-Baltistan) on 11 th
Warmest night	16.5 °C	at Thatta (Sindh) on 17 th & 18 th
Wettest day	110.0 mm	at Parachinar (Khyber Pakhtunkhwa) on 23 rd
Wettest month	230.0 mm	at Malam Jabba (Khyber Pakhtunkhwa)
Coldest place	-6.3 °C	Skardu (GB) & Gupis (GB)
Warmest place	26.8 °C	at Mithi (Sindh)

Synoptic Summary

In January 2026, prevailing westerly wave affected the northern parts of the country during the first two days of the month. Four Western Disturbances (WDs) entered through the northern and western parts of the country during 05–06, 17–23, 25–28, and 30–31 January 2026, affecting Khyber

Pakhtunkhwa (KP), Gilgit-Baltistan (GB), Kashmir, Punjab, Balochistan, and Sindh. As a result, light to moderate rain with isolated heavy fall and snowfall over the hilly areas of Khyber Pakhtunkhwa (KP), Gilgit-Baltistan (GB), Kashmir, Punjab, Balochistan, and scattered places of Sindh during the month. Otherwise, for the remaining period, the country remained under the dominance of persistent high-pressure systems, resulting in severe cold wave conditions and prevailing dry continental air over most parts of the country. In addition, dense to shallow fog frequently affected the plain areas of Punjab and Sindh during the rest of the month.

Table-2: New/Repeated Weather Records Set in January-2026

S No	Stations	Weather Parameters	New Record		Old Record		No of years examined.
			Value	Date	Value	Date	
1	D.I.KHAN(City)	Lowest day Temperature (°C)	6.5	10/Jan/2026	6.5	05/Jan/2012	46
2	JACOBABAD	Lowest day Temperature (°C)	10.0	11/Jan/2026	11.5	05/Jan/2011	65
3	SIALKOT CANTT	Lowest day Temperature (°C)	7.2	12/Jan/2026	7.2	07/Jan/2003	66
4	TANDOJAM	Lowest day Temperature (°C)	12.0	26/Jan/2026	15.0	07/Jan/2008	19
5	CHHOR	Wettest month rainfall(mm)	34.0	Jan-2026	24.5	Jan-2022	120
6	CHHOR	Heaviest one day Rainfall (mm)	34.0	01/Jan/2026	13.5	07/2022	120
7	KAKUL	Heaviest one day Rainfall (mm)	73.0	23/Jan/2026	72.4	20/1973	64

Table-3: Significant Winds (January-2026)

Date	Station	Max Wind Knots
21/01/2026	Quetta Samungli	30

Rainfall: Slightly above normal

Climatologically, January is considered as a slightly above average rainy month with rainfall contribution to the national annual and seasonal Jan-Mar (JFM) totals being 6.2% and 25.1%, respectively. During the month, Pakistan experienced light to moderate rainfall, with isolated rather heavy rainfall, snowfall over hilly areas of KP, GB, Kashmir, Balochistan & Punjab, and at a few places in Sindh during the month. The daily area-weighted rainfall is shown in Fig-1.

The January 2026 with only 23.3 mm rainfall was **Slightly above normal** with a departure of **+19%** for Pakistan as a whole. Whereas the situation was more or less similar on regional scale. i.e., a **largely above average** rainfall occurred at Sindh with 6.0 mm (**+72%**) and ranked 9th highest (23.4 mm rainfall recorded in 2022). Whereas Khyber Pakhtunkhwa with 69.6 mm (**+53%**) also observed above average rainfall, Whereas AJK with 74.5 mm (**+16%**) recorded a slightly above average rainfall. The region Balochistan with 19.2 mm (**+8%**) and Punjab with 17.0 mm (**+3%**) were the regions to have exhibited near average rainfall (Table-4). Whereas Gilgit-Baltistan was the only region to exhibit a **below average** rainfall with 11.6 mm (**-35%**).

The heaviest one-day rainfall of 110.0 mm occurred at Parachinar (Khyber Pakhtunkhwa) on 23rd, January. Whereas Malam Jabba (Khyber Pakhtunkhwa) has been the wettest place with monthly total rainfall 230.0 mm (Table-1).

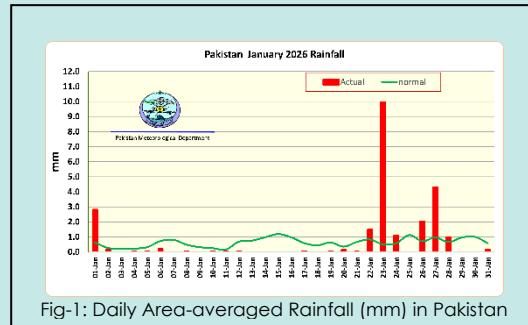


Table-4: January 2026 Area Weighted Rainfall

Region	Rank (of 65y)	Normal (mm)	Average (mm)	Departure (percent)	Comment
Pakistan	45	19.6	23.3	19%	-
Azad Jammu & Kashmir	42	64.1	74.5	16%	-
Balochistan	42	17.9	19.2	8%	-
Gilgit Baltistan	32	17.9	11.6	-35%	-
Khyber Pakhtunkhwa	53	45.4	69.6	53%	-
Punjab	44	16.4	17.0	3%	-
Sindh	58	3.5	6.0	72%	9 th highest (23.4mm rainfall recorded in 2022)

[RANK RANGES FROM 1 (LOWEST) TO 65 (HIGHEST) IN TERMS OF YEARS FROM 1961]

January 2026 Rainfall maps

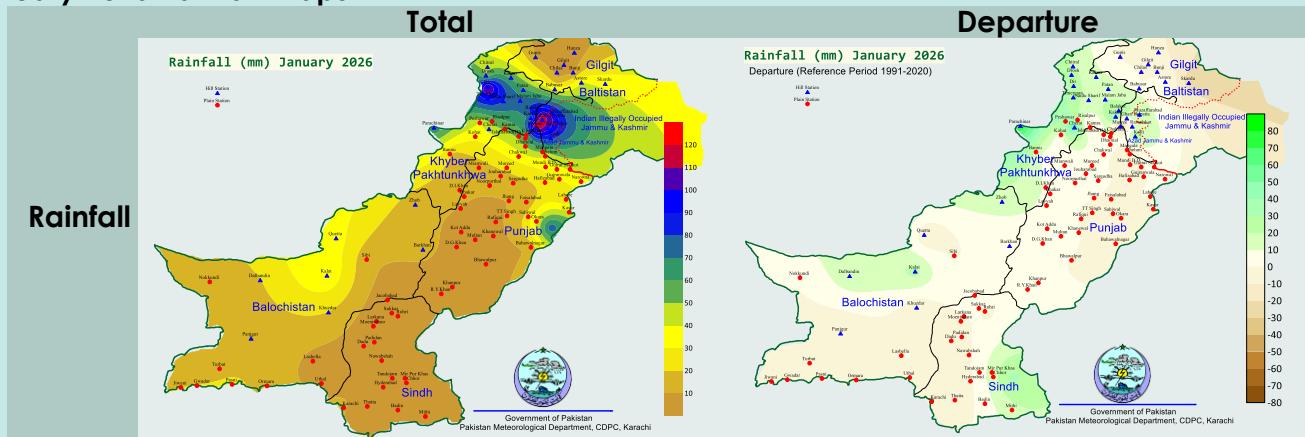


Fig. 2. January-2026 spatial rainfall distribution and departure from normal

Alongside the wettest station, Malam Jabba (Khyber Pakhtunkhwa), some other stations also have recorded notable rainfalls, i.e. Muzaffarabad Airport with 199.5 mm, Muzaffarabad City 165.8 mm, Parachinar 149.0 mm, Dir 138.0 mm, Garhi Dupatta 130 mm, Kalam 127.2 mm, Kakul 120.0 mm, Pattan 118.4 mm, Balakot 111.0 mm, Cherat 110 mm, Kotli 104.0 mm, Lower Dir 99.0 mm, Saidu Sharif 96.4 mm, Bacha Khan Airport 84.2 mm, and Murree with 82.8 mm.

On the other hand, a number of stations remained absolutely dry with no rain during the month, i.e. Hunza, Hyderabad Airport, Hyderabad City, Karachi A/P, Larkana, Mithi, Mirpur Khas, and Tando Jam. Whereas the stations: Hyderabad Airport, Hyderabad City, Jacobabad, Karachi A/P, Tando Jam recorded only traces of rainfall during the month.

Table 5: Monthly Temperature Trends (Cooler-than-average) across the country & Sub-regions

Regions	Area Averaged Temperatures (°C) in January 2026 and anomalies from normal 1991-2020					
	Actual	Anomaly	Actual	Anomaly	Actual	Anomaly
Pakistan	17.82	-0.67	4.28	+0.14	11.08	-0.27
Azad Jammu & Kashmir	11.68	+0.90	-0.62	+0.56	5.55	+0.75
Balochistan	18.85	-0.47	4.39	-0.13	11.65	-0.32
Gilgit-Baltistan	8.02	+1.23	-3.59	+1.49	2.25	+1.40
Khyber Pakhtunkhwa	14.40	-0.10	1.79	+0.65	8.11	+0.26
Punjab	17.59	-1.54	5.28	-0.09	11.47	-0.80
Sindh	23.16	-1.38	8.42	+0.02	15.79	-0.68

Area Weighted Mean Temperatures

January 2026 national mean temperature of 11.08 °C was **cooler** than the country-area weighted mean of 11.35 °C with anomaly of **-0.27 °C**. However a diverse trend prevailed on regional scale i.e. Punjab with 11.47°C (**-0.80°C**) ranked 7th lowest (**record 9.9°C in 2024**), Sindh with 15.79 °C (**-0.68°C**), Balochistan with 11.65°C (**-0.32°C**) all recorded lower than average temperatures. Whereas Khyber Pakhtunkhwa with 8.11°C (**+0.26°C**), AJK 5.55°C(**+0.75°C**), and Gilgit-Baltistan with 2.25°C (**+1.40 °C**) recorded **warmer** than average temperatures. The mean temperature anomalies ranged from **-2.2 °C** to **+2.0 °C** in the country with those being considerably cooler over upper Sindh and adjacent Balochistan.

Area Weighted Maximum temperatures (Cooler than average)

The country-level monthly mean maximum (daytime) temperature of 17.82 °C was below average with negative anomaly of **-0.67 °C**. However, diverse trend was observed on regional scale; i.e. due to the prevailing fog/smog conditions in Punjab with 17.59 °C (**-1.54°C**) ranked 5th lowest (**record is 14.26°C in 2024**) and Sindh with 23.16°C (**-1.38°C**) ranked 6th lowest (**record is 21.82°C in 1964**), whereas Balochistan with 18.85°C (**-0.47°C**) and Khyber Pakhtunkhwa with 14.40°C(**-0.10°C**) all recorded cooler than average mean maximum temperatures. In contrast the Gilgit-Baltistan with 8.02 °C (**+1.23 °C**) and AJK 11.68 °C (**+0.90 °C**) recorded warmer than average maximum temperatures (Table-5, Fig-3 upper panel). The mean maximum temperature anomalies remained in the range from **-3.2 °C** to **+2.0 °C** in the country with those being considerably higher over Gilgit-Baltistan and AJK.

The hottest day of the month was **30.5 °C** recorded at Mithi (Sindh) on 16th January. Coincidentally the same station proved to be the **warmest** place with a mean monthly maximum temperature of **26.8 °C** (Table-1).

Area Weighted Minimum temperatures (slight warmer than average)

The country's monthly mean minimum (night-time) temperature of 4.28 °C was **slightly warmer** by only **+0.14 °C** than the average 4.14 °C. A similar trend was found across the regions i.e. the region Gilgit-Baltistan with -3.59°C (**+1.49°C**), Khyber Pakhtunkhwa with 1.79°C(**+0.65°C**), AJK with -0.62°C (**+0.56 °C**) and Sindh with 8.42°C (**+0.02°C**), all recorded **warmer** than average minimum temperatures (Table-5, Fig-3, middle panel). Punjab with 5.28 °C(**-0.09°C**) and Balochistan with 4.39°C(**-0.13°C**) were the regions to observe cooler than average minimum temperatures. The mean minimum temperature anomalies ranged from **-2.1 °C** to **+2.5 °C** in the country with those being considerably cooler over South-west Balochistan and Central Punjab.

The lowest night (minimum) temperature of the month was **-13.6°C** recorded at Skardu (Gilgit-Baltistan) on 11th January. Whereas the same station along with Gupis happened to be the coldest place with mean monthly minimum temperature of **-6.3 °C**. (Table-1).

January 2026 Temperature maps

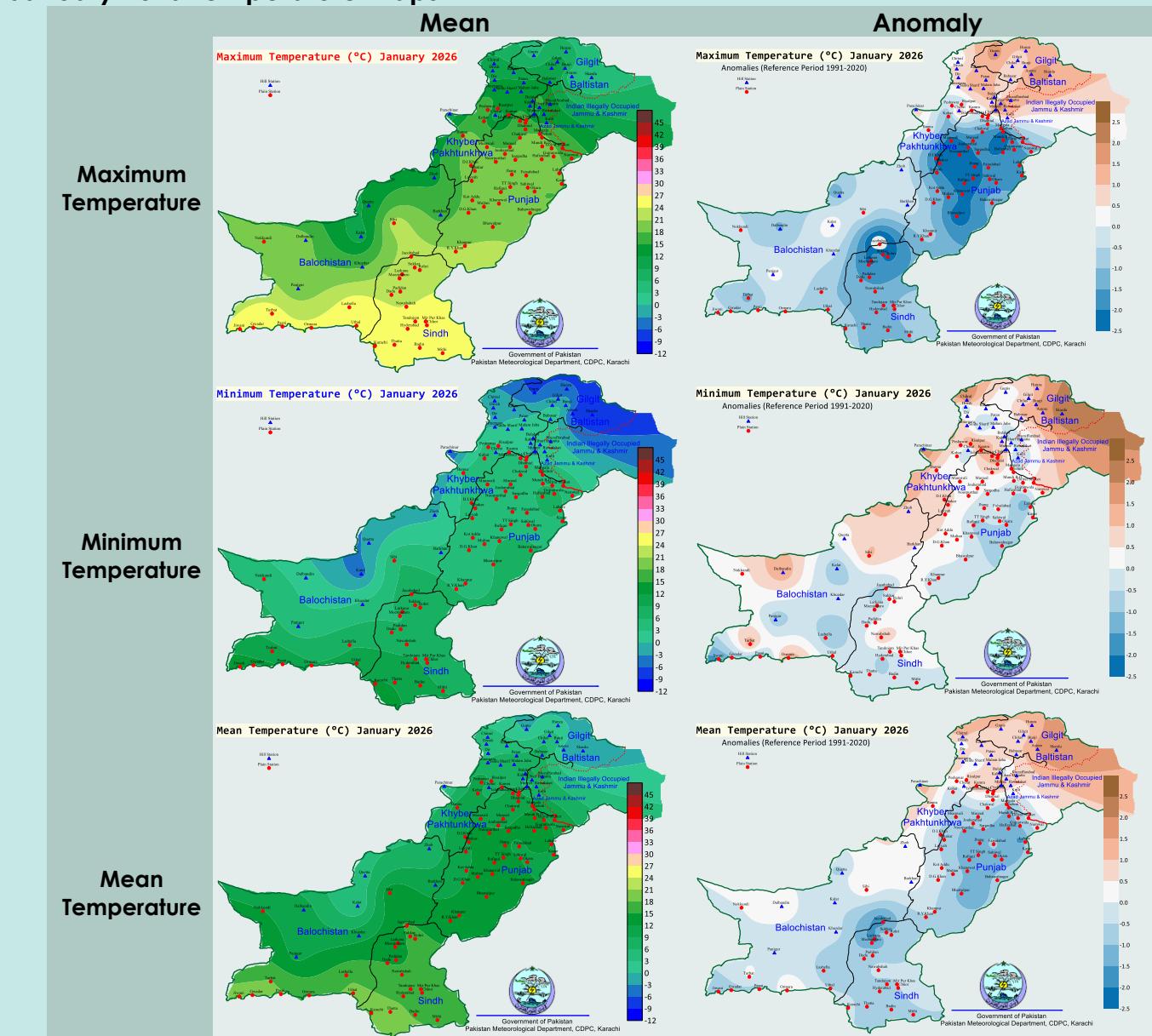


Fig. 3. January-2026 Temperatures (Maximum, Minimum & Mean) and their anomalies.

Table 6: January 2026 Monthly Averages & Normals

Station	Pressure (mb)		Temperature (°C)			Vapour Pressure	Precipitation	
	Station Level	Sea Level	Mean	Maximum	Minimum		Total (mm)	Days
Drosh	857.9	1539.5	4.8	10.5	-0.9	4.5	76.7	7.0
	858.4	1535.3	4.6	9.2	0.1	4.3	48.6	6.1
Peshawar	981.6	1020.9	11.3	19.0	3.7	9.4	72.2	4.0
	975.8	1018.3	11.3	18.5	4.1	7.9	30.8	4.4
Parachinar	----	----	3.3	10.8	-4.3	----	149.0	5.0
	828.3	1514.7	4.0	10.2	-3.0	4.1	47.6	2.9
Rawalpindi	960.5	1020.3	11.3	17.3	5.2	8.5	69.0	6.0
	958.5	1018.2	10.4	17.6	3.1	7.9	59.2	6.2
Sargodha	997.2	1019.5	11.3	17.3	5.2	10.1	28.7	2.0
	995.6	1017.4	12.1	19.9	4.3	9.4	16.8	4.1
Jhelum	990.9	1019.0	11.0	16.6	5.4	10.1	31.1	3.0
	989.7	1017.6	12.8	19.3	5.5	9.4	37.4	5.7
Sialkot	988.9	1019.4	11.1	16.1	6.0	10.8	44.0	5.0
	987.2	1017.5	11.6	18.2	5.1	10.1	41.8	5.0
Zhob	859.4	1495.2	7.1	13.9	0.3	4.1	27.0	3.0
	860.1	1500.5	5.9	12.8	-1.0	4.7	20.0	1.7
D.I.Khan	998.7	1019.4	11.4	17.3	5.4	10.5	22.0	1.0
	996.8	1017.3	12.4	20.1	4.4	8.8	11.4	3.5
Lahore	994.1	1019.8	11.4	16.9	5.9	10.4	23.4	2.0
	991.9	1017.4	13.2	19.6	6.7	9.7	22.9	4.8
Quetta	845.0	1541.4	4.2	10.5	-2.1	4.4	41.0	6.0
	842.8	1519.0	4.1	10.8	-2.7	5.0	64.0	5.9
Multan	1004.5	1019.3	12.1	18.1	6.0	10.0	15.0	1.0
	1003.1	1018.0	12.9	20.9	5.0	9.3	8.2	2.0
Barkhan	894.0	1515.8	10.4	16.8	4.0	4.8	19.0	3.0
	893.2	1508.0	10.2	16.2	4.1	5.2	13.9	1.3
Nokkundi	938.0	1016.2	12.1	19.0	5.1	4.4	11.0	2.0
	938.5	1017.8	11.4	18.8	3.9	6.2	8.4	0.6
Dalbandin	922.6	1526.4	10.7	17.9	3.4	5.8	37.0	3.0
	921.6	1513.8	9.8	16.6	1.9	6.0	24.9	1.0
Jacobabad	1012.4	1019.1	13.2	18.8	7.5	11.0	10.0	1.0
	1010.8	1017.4	15.1	22.5	7.7	9.2	3.6	0.5
Khanpur	1008.2	1018.9	12.7	20.3	5.1	10.5	6.2	1.0
	1006.5	1017.3	13.2	21.7	4.7	9.2	3.8	1.1
Panjgur	908.1	1526.7	10.9	18.6	3.1	5.8	4.0	2.0
	906.9	1516.7	10.6	17.3	3.9	3.8	15.8	1.6
Khuzdar	880.8	1526.9	10.6	17.4	3.7	5.5	12.4	1.0
	877.9	1496.8	10.7	17.1	3.2	2.8	22.1	1.4
Sh. Benazirabad	1015.6	1019.1	15.1	22.7	7.5	11.6	1.0	1.0
	1013.8	1017.7	15.3	24.3	6.2	10.6	2.5	0.1
Jiwani	1011.7	1018.3	18.1	24.3	11.8	12.5	18.0	2.0
	1010.4	1016.9	19.0	24.1	13.9	13.1	22.0	1.5
Pasni	1017.8	1018.4	17.7	24.8	10.5	12.9	21.0	3.0
	1015.1	1015.9	18.3	25.1	12.1	12.3	23.8	1.4
Hyderabad	1012.9	1018.0	16.7	22.9	10.4	10.6	0.0	0.0
	1018.4	1016.9	18.1	24.8	11.4	10.1	2.0	0.5
Chhor	1016.6	1017.3	16.4	26.2	6.7	10.9	34.0	1.0
	1015.4	1016.0	16.2	26.6	5.7	9.0	1.1	0.3
Karachi	1015.5	1018.2	18.7	25.5	12.0	9.5	0.0	0.0
	1013.9	1016.8	18.1	25.9	10.8	10.6	10.8	0.7

Note: The first row against each station contains the actual values while second row for normal values

Table 7: January 2026 extreme values

STATION	Mean Temperature (°C)				Temperature (°C)				Highest (mm & knots)			
	Highest	Date	Lowest	Date	Highest	Date	Lowest	Date	Rain	Date	Wind Speed	Date
Drosh	7.4	17	1.2	27	7.9	02*	1.4	27	41.0	23	14.0	10
Peshawar	13.6	03	8.8	19	14.1	01	8.7	22	46.2	23	8.0	23
Parachinar	5.8	16*	-2.3	23	15.5	17	-8.0	25	110.0	23	---	-
Rawalpindi	14.0	19	8.4	09	14.2	19	8.3	24	38.0	23	16.0	14*
Sargodha	15.5	30	6.5	10	15.6	20	6.5	08	26.8	23	4.0	22
Jhelum	13.8	30	6.0	14	14.4	31	6.5	12	23.0	23	12.0	23
Sialkot	15.0	31	5.5	12	14.4	30*	5.3	12	33.0	23	6.0	23
Zhob	12.3	15*	0.3	23	11.0	15*	1.3	24	12.0	27	12.0	22
D.I.Khan	14.5	19*	4.5	10	14.8	19	4.5	10	22.0	23	6.0	23*
Lahore	16.5	30	6.1	10	15.0	30	6.5	13	21.8	23	6.0	22*
Quetta	11.8	15*	-3.3	23	10.2	16	-3.0	23	17.0	27	30.0	21
Multan	15.9	30	4.4	10	15.2	31	4.5	10	14.2	23	14.0	23
Barkhan	15.3	14	4.8	23	14.9	15	5.0	26	17.0	23	6.0	23
Nokkundi	19.6	15	6.0	23	18.8	15	5.5	23	8.0	26	16.0	21*
Dalbandin	17.6	15	4.1	23	18.0	15	3.5	23	16.7	27	12.0	21
Jacobabad	16.3	31	7.4	12	16.5	21*	7.0	11	10.0	23	4.0	26
Khanpur	16.1	31	6.4	10	15.6	18	7.5	10	6.0	23	18.0	22*
Panjgur	15.6	15	4.8	23	14.5	15*	3.8	23	2.0	72	16.0	21*
Khuzdar	14.8	15	4.1	23	14.3	15	5.3	23	12.2	22	8.0	22
Sh.Benazirabad	18.5	20	9.1	10	19.0	20	9.8	10	1.0	23	12.0	17*
Jiwani	22.0	16	15.3	23	21.0	16	14.0	23	16.0	27	20.0	22
Pasni	21.0	18	13.8	26	20.5	16	14.0	23	16.0	27	12.0	22*
Hyderabad	20.3	16	13.0	11	19.9	22	12.5	11	0.0	00	20.0	24*
Chhor	19.6	20	13.4	10	19.3	18*	13.3	12	34.0	01	6.0	10*
Karachi	21.9	17	14.6	23	21.2	19	14.9	24	0.0	00	16.0	24

* means value occurred multiple times

Note

Monthly Climate Summary is produced by Pakistan Meteorological Department, Climate Data Processing Centre, Karachi to provide the main features of weather events occurred in the country during the month. The summary contains detailed data information of 25 climate stations of Pakistan. The extremes & analysis is based on 110 numbers of stations. The information in the summary is based on real time data and/or electronic reports, therefore, the above results can be considered only preliminary. Climate Summaries are usually published in the first week of each month. Long term average for rainfall is for 1991-2020 (30 years) while normal period for temperature is 1991-2020 (30 years). The records mentioned for area-weighted rainfall and area average temperatures have been examined for the past 66 years i.e. from 1961-2026.

Contact

Director, Climate Data Processing Centre, Pakistan Meteorological Dept
 Meteorological Complex, Gulistan e Jauhar, Block #5, Karachi-75290
 Webpage: <https://cdpc.pmd.gov.pk/>; Email: info.cdpc@pmd.gov.pk

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